

# CERESOTA

## COOK BOOK



THE NORTHWESTERN  
CONSOLIDATED MILLING CO

MINNEAPOLIS, MINNESOTA



# Bread and Biscuits

## BREAD

2 quarts Ceresota flour  
 $\frac{1}{2}$  cake compressed yeast  
 3 cups lukewarm milk or water

$1\frac{1}{2}$  tablespoons salt  
 1 teaspoon sugar  
 1 tablespoon lard

Put the yeast and sugar together into a cup and work them with the back of a spoon till the yeast liquefies. Add a tablespoon of flour and three-quarters of a cup of lukewarm milk or water, and let the mixture stand while preparing the other ingredients.

Sift the flour and salt into a large bowl, add the lard and rub it into the flour with the fingers, make a hollow in the center, pour in the prepared yeast and nearly the remainder of the liquid. Mix in the flour and knead till a smooth elastic dough is formed, using the remainder of the liquid if required.

Knead steadily for twenty minutes, working in all the dry flour, and adding a little more if the dough appears sticky; but avoid making it too dry.

Cover with a cloth, and set aside in a moderately warm place free from draughts, and let it rise till it has doubled in bulk. In the day time this will take about four hours, but when the bread is set at night, when the temperature is lower, it will take longer to rise.

Should it have risen fully before it can be molded into loaves, the dough may be "cut down" from the sides of the bowl and allowed to rise a second time. Far from harming the bread, this second rising will improve the grain and texture. When ready to form into loaves, turn the dough onto a lightly floured board, divide into portions, knead slightly, and place in greased bread pans, cover, and again allow the dough to double in bulk.

In baking bread, have the oven only moderately hot when the bread first goes in, so as to allow it to rise to its full height; after fifteen minutes increase the heat, so as to form a good crust, and finally reduce it that the crust may not be too brown before the center of the loaf is thoroughly cooked.

Two loaves made from this quantity of flour will require about three-quarters of an hour to cook, and when done must be removed at once from the pans and placed on a sieve or drainer so that the air may circulate freely around them till cold.



## TO MAKE ONE LOAF OF BARLEY-RAISIN BREAD

- |                               |                                                          |
|-------------------------------|----------------------------------------------------------|
| 1 cup Barley flour            | $\frac{1}{4}$ cup sugar                                  |
| 1 cup bran                    | $1\frac{1}{2}$ cups milk and water combined              |
| 1 cup graham flour            | 1 cup raisins. (Nuts may be used instead of the raisins) |
| 5 teaspoons baking powder     |                                                          |
| $1\frac{1}{2}$ teaspoons salt |                                                          |

Mix dry ingredients ; add liquid and raisins, which should be shaken in some flour so they won't sink to the bottom of the bread ; put into an oiled loaf pan and allow to stand from about 40 minutes to 50 minutes, in a warm place. Bake in a moderate oven about 40 minutes. To make two or three loaves more, simply double or triple the recipe.

## TO MAKE FOUR LOAVES OF BARLEY BREAD

- |                                                                              |                         |
|------------------------------------------------------------------------------|-------------------------|
| $\frac{1}{2}$ cup lukewarm water                                             | 3 tablespoons sugar     |
| 2 yeast cakes (compressed yeast)                                             | 2 tablespoons drippings |
| 1 cup mashed potatoes                                                        | 2 level teaspoons salt  |
| $3\frac{1}{2}$ cups liquid (equal parts water and sweet milk or water alone) | 2 cups Barley flour     |
|                                                                              | 2 cups white flour      |

Take yeast dissolved in water, liquid, mashed potatoes, sugar, salt and fat ; then mix with two cups of Barley and two cups of white flour ; stir well and set aside sponge to raise ; when light, knead in a solid bread dough, with four cups white flour and four cups of Barley ; when that is light put into pans and let rise until double its bulk ; bake slowly one hour.

## TO MAKE OATMEAL AND BARLEY BREAD

- |                                          |                             |
|------------------------------------------|-----------------------------|
| 2 cups oatmeal                           | 1 tablespoon salt           |
| 3 cups boiling water                     | 1 tablespoon fat substitute |
| $\frac{3}{4}$ cup corn syrup             | 4 cups Barley flour         |
| 2 yeast cakes                            | 3 cups white flour          |
| Dissolve in $\frac{1}{2}$ cup warm water |                             |

Pour boiling water over oatmeal, cover, and let stand one hour ; add the other ingredients, mix well and let rise until double its bulk ; add about one cup white flour, and put in pans. Let rise one hour and bake in moderate oven about one hour.

The success with the different breads depends mainly on how you handle them. Different cooks may make a success of the bread when they use more Barley flour than the regulation amount, and then again they may not.

## BARLEY BAKING POWDER BISCUITS

- |                                                                                               |                                |
|-----------------------------------------------------------------------------------------------|--------------------------------|
| 3 cups Barley flour (or $1\frac{1}{2}$ cups white flour and $1\frac{1}{2}$ cups Barley flour) | $4\frac{1}{2}$ tablespoons fat |
| 1 cup liquid                                                                                  | 6 teaspoons baking powder      |
|                                                                                               | 1 teaspoon salt                |

Mix as you would ordinary Baking Powder Biscuits and bake in hot oven.

## HUCKLEBERRY MUFFINS

- |                          |                                    |
|--------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter | $1\frac{1}{4}$ cups Ceresota flour |
| $\frac{1}{4}$ cup sugar  | 3 teaspoons baking powder          |
| 1 egg                    | $\frac{1}{2}$ teaspoon salt        |
| 1 cup huckleberries      | 1 cup milk                         |

Beat the butter and sugar until creamy, add the egg well beaten, then the berries. Next add the milk and lastly the flour, baking powder and salt sifted together. Bake in greased muffin pans about twenty minutes.

### MUFFINS. No. 1 Barley Muffins

|                     |                        |
|---------------------|------------------------|
| 1 cup Barley flour  | 1½ teaspoons soda      |
| 1 cup cornmeal      | 1 tablespoon drippings |
| 2 tablespoons sugar | 1 egg                  |
| A small pinch salt  | 1½ cups sour milk      |

Sift the dry ingredients together; add the milk and egg, and the shortening last. Beat mixture well; put in greased muffin tins and bake from 20 to 25 minutes in hot oven. The mixture may seem a little thin, but it's just right.

### MUFFINS. No. 2 Barley Muffins

|                            |                           |
|----------------------------|---------------------------|
| 1 tablespoon vegetable oil | 1 cup Rye flour           |
| 2 tablespoons corn syrup   | 2 teaspoons baking powder |
| 1 egg                      | 1 teaspoon salt           |
| 1 cup milk                 | Pinch of soda             |
| 1 cup Barley flour         | ½ cup raisins             |

Mix and bake as you would any other kind of muffins.

### MUFFINS. No. 3 Barley Muffins

|                            |                           |
|----------------------------|---------------------------|
| 1 cup Barley flour         | 1 cup milk                |
| 1 cup bran                 | 2 teaspoons baking powder |
| 1 tablespoon vegetable oil | 1 teaspoon salt           |
| 2 tablespoons corn syrup   | Pinch of soda             |
| 1 egg                      | ½ cup raisins             |

### BARLEY PARKER HOUSE ROLLS

|                      |                                   |
|----------------------|-----------------------------------|
| 1¼ cups Barley flour | 3 heaping teaspoons baking powder |
| ¾ cup cornmeal       | 2 tablespoons lard substitute     |
| 1 tablespoon sugar   | 1 egg                             |
| 1 teaspoon salt      | ½ to ¾ cup milk                   |

Mix dry ingredients; add egg and milk; roll out to one-fourth of an inch thickness and cut with biscuit cutter; put a small piece of butter in the center and fold like Parker House rolls; bake in rather slow oven twenty to thirty minutes.

### BREAD STICKS

|                        |                    |
|------------------------|--------------------|
| 3½ cups Ceresota flour | 1 cup scalded milk |
| 1½ tablespoons sugar   | 1 yeast cake       |
| White of 1 egg         | ¾ cup butter       |
| ¾ teaspoon salt        |                    |

Add the butter, salt and one tablespoon of sugar to the scalded milk, and let them stand till only lukewarm; work the yeast and remaining sugar till the yeast liquefies, then add with the white of egg to the milk; sift in the flour and knead thoroughly. Let the dough rise about three hours; divide into portions and roll with the palm of the hand into long even rolls, about the length and thickness of a thick pencil. Let these rise once more, then bake, having a hot oven at first, and afterwards reducing the heat that the bread sticks may be dry and crisp.



## WAFFLES

- |                             |                              |
|-----------------------------|------------------------------|
| 2 cups Ceresota flour       | 2 eggs                       |
| 2 teaspoons baking powder   | 1 cup milk                   |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon butter (melted) |
| 1 teaspoon sugar            |                              |

Sift the flour, salt and baking powder into a bowl; add the sugar, yolks of eggs, milk and butter; beat well, and when perfectly smooth add the whites of eggs, stiffly beaten. Bake in hot, well-greased waffle irons. Serve hot with butter and syrup.

## BATH BUNS

- |                                        |                         |
|----------------------------------------|-------------------------|
| 1 quart Ceresota flour                 | 2 eggs                  |
| $\frac{1}{4}$ cup butter               | $\frac{1}{2}$ cup sugar |
| 3 tablespoons coarsely chopped almonds | 1 teaspoon salt         |
| 1 yeast cake                           | 1 cup milk              |
|                                        | 1 cup seedless raisins  |

Sift the flour and salt, work the yeast cake with a teaspoon of sugar till the yeast liquefies, melt the butter and beat the eggs. Have the flour in a large bowl, make a hollow in the center, add the yeast, eggs, sugar, butter and raisins. Mix to a stiff dough. Let it rise till very light, then, without further handling, divide into portions with a spoon or broad-bladed knife, lay them a little distance apart on a greased baking pan, sprinkle with a little sugar and chopped almonds; let them remain half an hour, then bake in a moderately hot oven about twenty minutes.

## HOT CROSS BUNS

- |                                 |                                              |
|---------------------------------|----------------------------------------------|
| 1 $\frac{1}{2}$ cups milk       | $\frac{1}{2}$ cup currants and raisins mixed |
| $\frac{1}{4}$ cup butter        | $\frac{1}{2}$ cup sugar                      |
| $\frac{1}{2}$ teaspoon cinnamon | $\frac{1}{2}$ yeast cake                     |
| 1 quart Ceresota flour          | 1 egg                                        |
| $\frac{1}{2}$ teaspoon salt     | 1 teaspoon sugar (for yeast)                 |

Scald the milk with the butter and sugar and allow the mixture to cool until lukewarm. Work the yeast with the teaspoon of sugar until it liquefies, then add to the milk; add also the egg lightly beaten. Put in the currants and raisins, and then sift and add the flour, salt and cinnamon. Knead to a dough the same as for bread, and let it rise in a warm place free from draughts until very light. Divide into portions a little larger than biscuit, work till smooth, roll into rounds, and place on a greased baking pan a little distance apart. Let them rise once more until light, then bake in a moderate oven. Just before baking mark a cross on the top of each bun. When nearly done brush over with milk or white of egg, sprinkle with sugar, and return to the oven for a moment.

## PUFFED RICE BISCUITS

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 pint milk                        | $\frac{1}{4}$ teaspoon salt |
| 3 cups puffed rice                 | Whites of 2 eggs            |
| $\frac{1}{2}$ cup granulated sugar | 2 pints Ceresota flour      |
| 2 tablespoons butter               | 1 cake yeast                |

Scald the milk and pour it over the rice. Add sugar and salt, and let stand until lukewarm. Then add the yeast thoroughly dissolved, whites of eggs beaten to a stiff froth, and gradually add the flour. Knead thoroughly, cover, and set aside to rise for about three hours, or until very light. Mold into small, flat biscuits and let rise about three-quarters of an hour. Bake twenty minutes in a moderate oven. This makes about three and a half dozen, and takes about five hours.

## CERESOTA GRIDDLE CAKES

- |                             |                    |
|-----------------------------|--------------------|
| 1 cup Ceresota flour        | 1 tablespoon sugar |
| $\frac{1}{2}$ teaspoon salt | 2 eggs             |
| 1 teaspoon baking powder    | 1 cup milk         |

Sift together the flour, salt and baking powder; add the sugar, then the milk and the eggs, lightly beaten; mix to a smooth batter, beating well to eliminate all lumps. Bake on a hot, greased griddle.

## WHITE MOUNTAIN MUFFINS

- |                          |                             |
|--------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter | 2 teaspoons baking powder   |
| $\frac{1}{4}$ cup sugar  | $\frac{3}{4}$ cup milk      |
| 1 egg                    | $\frac{1}{2}$ teaspoon salt |
| 2 cups Ceresota flour    |                             |

Beat the butter to a cream, add the sugar and the well-beaten egg; sift together the flour, salt and baking powder and add with the milk; beat all well together and bake twenty minutes in a hot oven, having the muffin pans greased and hot when the batter is put in.

## RICE MUFFINS

- |                             |                   |
|-----------------------------|-------------------|
| 2 cups Ceresota flour       | 2 eggs            |
| 2 tablespoons butter        | 1 cup milk        |
| $\frac{1}{2}$ teaspoon salt | 1 cup cooked rice |
| 2 teaspoons baking powder   |                   |

Sift the flour, salt and baking powder, rubbing the butter lightly; next mix the rice through the flour and make to a batter with the beaten eggs and milk. Half fill well-greased muffin pans and bake in moderate oven about twenty minutes.

## CORN MEAL MUFFINS

- |                                      |                     |
|--------------------------------------|---------------------|
| $1\frac{1}{2}$ cups yellow corn meal | 2 eggs              |
| $1\frac{1}{2}$ cups Ceresota flour   | 2 tablespoons sugar |
| 3 teaspoons baking powder            | 1 cup boiling milk  |
| $\frac{1}{2}$ teaspoon salt          | 1 cup cold milk     |
| 2 tablespoons butter                 |                     |

Place the butter and corn meal in a bowl; pour the boiling milk over them and allow the mixture to cool. Sift and add the flour, baking powder and salt; next put in the sugar and mix to a light batter with the well-beaten eggs and the cold milk. Bake in heated, greased muffin pans about twenty minutes.

## EGG ROLLS

- |                           |                     |
|---------------------------|---------------------|
| 2 cups Ceresota flour     | 1 cup milk          |
| 1 teaspoon salt           | 1 tablespoon lard   |
| 2 teaspoons baking powder | 1 tablespoon butter |
| 1 egg                     |                     |

Sift together the flour, salt and baking powder, rub in the lard and butter, and mix to a light dough with the egg and milk. Knead lightly, roll out and cut into strips three inches long and two wide; brush the tops lightly with milk or melted butter, and bake at once in a hot oven about twelve minutes.



## SOUR CREAM GRIDDLE CAKES

3 cups Ceresota flour  
1 teaspoon salt

1 cup thick sour cream  
1 teaspoon baking soda

Sift the flour and salt together, add the soda to the cream and stir until light. Pour immediately into the sifted flour and mix to a soft dough. Roll out, cut into cakes, and bake at once, either in the oven or on a hot griddle.

## PRUNE BREAD

1 cup corn meal  
2 cups Ceresota flour  
2 teaspoons baking powder  
1 teaspoon salt

$\frac{1}{2}$  cup molasses  
1 cup milk  
1 cup prunes

Sift together the corn meal, flour, baking powder and salt; add the molasses and milk and lastly the prunes, washed, stoned and cut into small pieces. Mix well, pour into greased tins having tight-fitting covers, cover, and steam three hours.

## BREAKFAST GEMS

1 egg  
1 tablespoon sugar  
1 cup sweet milk

2 cups Ceresota flour  
2 teaspoons baking powder  
1 tablespoon melted butter

Beat the egg, add sugar, beat again, add milk, then the flour, into which the baking powder has been sifted. Add melted butter and beat the whole mixture thoroughly. Bake in iron gem pans (heated before being greased) in quick oven.

## ONE-EGG MUFFINS

2 cups Ceresota flour  
1 rounding tablespoon lard  
2 teaspoons baking powder  
 $1\frac{1}{2}$  cups milk

$\frac{1}{2}$  teaspoon salt  
1 egg  
2 tablespoons sugar

Sift together the flour, salt and baking powder, rub in the lard lightly, and add the sugar. Beat the egg thoroughly and add it with the milk to the dry ingredients. Beat hard, then pour the batter into well-greased heated muffin pans. Bake in a hot oven fifteen to twenty minutes.

## FRENCH ROLLS

1 pint milk  
2 eggs  
1 teaspoon salt  
3 pints Ceresota flour

3 tablespoons butter  
1 yeast cake  
2 teaspoons sugar

Have the milk lukewarm; add to it the well-beaten eggs and salt. Sift the flour and rub the butter into it; mix the yeast and sugar together, working them with the back of a teaspoon until the yeast liquefies, then pour it into the milk and eggs and add all these to the flour. Knead to a dough as for bread; let it rise three hours, having the dough covered that a crust may not form on the top, and keep in a warm room free from draughts. Form into rolls and let these rise again about half an hour, or until they are very light. The length of time will depend somewhat on the temperature of the room. Bake the rolls in a quick oven, brushing over with butter before baking to brown them more.

## NUT BISCUITS

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 3 cups Ceresota flour                 | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup finely chopped nuts | $1\frac{1}{2}$ cups milk    |
| 2 teaspoons baking powder             | $\frac{1}{4}$ cup butter    |
| 1 tablespoon sugar                    |                             |

Sift the flour, salt and baking powder, rub in the butter, and add the sugar and the nuts. Mix to a light dough with the milk, roll three-quarters of an inch thick, cut into rounds, and bake from twelve to fifteen minutes.

## POP-OVERS

- |                             |            |
|-----------------------------|------------|
| 1 cup Ceresota flour        | 2 eggs     |
| $\frac{1}{4}$ teaspoon salt | 1 cup milk |

Sift the flour and salt; beat the eggs well and add them with the milk; mix lightly, then beat hard with a Dover egg-beater for three minutes. Half fill very hot, greased gem pans with the batter and bake twenty-five minutes in a hot oven. (Pop-overs bake best in iron gem pans.)

## RICE GRIDDLE CAKES

- |                      |                             |
|----------------------|-----------------------------|
| 1 cup Ceresota flour | $\frac{1}{2}$ teaspoon salt |
| 1 cup cooked rice    | 2 teaspoons baking powder   |
| 2 eggs               | $1\frac{1}{2}$ cups milk    |
| 2 tablespoons butter |                             |

Put the rice into a bowl, add the butter (melted), also the salt, milk and yolks of eggs, sift and add the flour and baking powder; beat the batter well, and at the last moment fold in the stiffly beaten whites of eggs. Bake on a hot, lightly greased griddle.

## PUFF BALL MUFFINS

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 cup milk                  | $1\frac{1}{2}$ cups Ceresota flour |
| 1 egg                       | 2 teaspoons baking powder          |
| $\frac{1}{2}$ teaspoon salt |                                    |

Beat the egg and milk well together, add the salt and sift in the flour; beat until the batter bubbles, then add the baking powder, and as soon as well mixed half fill well-greased muffin pans that have been made so hot that the batter hisses when put in. Bake twenty minutes in a hot oven.

## NORWEGIAN COFFEE CAKE

- |                                  |                             |
|----------------------------------|-----------------------------|
| 3 cups Ceresota flour            | $1\frac{1}{2}$ cups milk    |
| $\frac{1}{2}$ cup sugar          | 1 egg                       |
| $\frac{1}{4}$ cup butter or lard | 1 yeast cake                |
| $\frac{1}{2}$ cup seeded raisins | $\frac{1}{2}$ teaspoon salt |

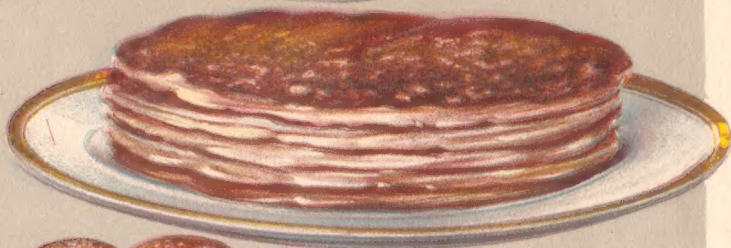
Scald the milk, add the butter and sugar to it, and when it has so far cooled as to be only lukewarm, add the yeast cake dissolved with a teaspoon of sugar and the egg. Sift and add the flour and salt, also the raisins. Beat well, cover and leave in a warm place to rise till very light. Turn into a greased shallow pan, and let it rise a second time. Brush over with milk and spread lightly with softened butter and a little sugar. Bake in a moderate oven about half an hour.





FRENCH ROLLS

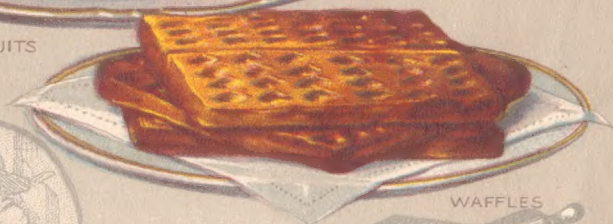
CORN GEMS



BUCKWHEAT CAKES



RAISED BISCUITS



WAFFLES





JELLY CAKE



CHOCOLATE  
ECLAIRS



LOAF SPONGE CAKE



CHARLOTTE RUSSE



CHOCOLATE  
LAYER CAKE





## FLANNEL CAKES

|                             |             |
|-----------------------------|-------------|
| 2 cups Ceresota flour       | 2 cups milk |
| 2 teaspoons baking powder   | 2 eggs      |
| $\frac{1}{2}$ teaspoon salt |             |

Sift together the flour, salt and baking powder; separate the whites from the yolks of the eggs, beat the yolks lightly and add to the milk. Mix this liquid with the dry ingredients to form a batter, beating well to remove any lumps. Lastly fold in the whites of the eggs, stiffly beaten, and bake at once on a hot, well-greased griddle.

## POTATO BISCUITS

|                             |                                  |
|-----------------------------|----------------------------------|
| 2 good-sized potatoes       | $\frac{1}{4}$ cup butter or lard |
| 3 cups Ceresota flour       | 1 egg                            |
| 3 teaspoons baking powder   | About 1 cup milk                 |
| $\frac{1}{2}$ teaspoon salt |                                  |

Boil and mash the potatoes, having them free from lumps. Sift the flour, salt and baking powder; add the potatoes and rub in the butter or lard. Mix to a light dough with the egg and milk, roll out a little thinner than ordinary biscuit, and bake in a hot oven. Serve as soon as done.

## PARKER HOUSE ROLLS

|                           |                             |
|---------------------------|-----------------------------|
| 2 cups Ceresota flour     | $\frac{1}{2}$ teaspoon salt |
| 2 teaspoons baking powder | 2 tablespoons butter        |
| 2 teaspoons sugar         | $\frac{3}{4}$ cup milk      |

Mix as for baking powder biscuit. Roll to one-third inch in thickness, cut with a round or oval cutter, and crease in the center with the handle of a case knife first dipped in flour. Brush one half with melted butter and fold over. Put in pan, one-half inch apart, and bake in a quick oven fifteen minutes.

## QUICK BREAKFAST PUFFS

|                            |                                    |
|----------------------------|------------------------------------|
| 2 eggs                     | $1\frac{1}{2}$ cups Ceresota flour |
| 1 cup milk                 | 2 teaspoons baking powder          |
| 1 tablespoon melted butter | $\frac{1}{2}$ teaspoon salt        |

Beat the eggs very thoroughly and add the milk and butter. Sift the flour, salt and baking powder twice; add the liquid ingredients and beat two minutes. Pour into hot, well-greased muffin pans and bake twenty minutes in a hot oven.

## RAISED MUFFINS

|                          |                          |
|--------------------------|--------------------------|
| 4 cups Ceresota flour    | 2 cups scalded milk      |
| 1 teaspoon salt          | 2 tablespoons sugar      |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ yeast cake |
| 1 egg                    |                          |

Add the butter and salt to the milk, and let them stand till lukewarm; add the sugar, egg and yeast, the latter liquefied with a teaspoon of the sugar. Sift and add the flour, beat well, and let the batter rise till very light. If the muffins are intended for breakfast they must be mixed over night. When light, half fill greased muffin pans, let them rise till the pans are nearly full, then bake in a hot oven.

## RAISED WAFFLES

2 cups sweet milk  
1 tablespoon sugar  
1 teaspoon salt  
1 cake yeast

2 eggs  
Lard or butter, size of egg  
3 cups Ceresota flour

Scald milk; when cold dissolve yeast in it, add sugar, salt, eggs beaten, lard or butter, melted, and flour. Will be ready in two hours. If made over night, use only one-half cake of yeast.

## BAKING POWDER BISCUITS

1 quart Ceresota flour  
2 rounding teaspoons baking powder  
1 pint milk

1 teaspoon salt  
1 tablespoon butter or lard

Sift the flour, salt and baking powder together, add the butter or lard and rub it lightly into the flour; mix to a very light soft dough with the milk, using a flexible knife in preference to a spoon for the mixing process. Turn on to a floured board and roll out about three-quarters of an inch thick. Cut into biscuit and lay these—not touching each other—on a flat baking pan. Bake in a hot oven from twelve to fourteen minutes.

Always cut the biscuit from the dough as close to each other as possible so as to get as many as possible from the first rolling. Dough which has been molded and rolled more than once is not likely to rise as well as that rolled only once.

## MILK ROLLS

3 pints Ceresota flour  
1 pint milk  
1 teaspoon salt  
1 yeast cake

2 tablespoons lard  
1 egg  
2 teaspoons sugar

Have the milk lukewarm, add the salt and the well-beaten egg to it. Sift the flour, and rub in the lard. Cream the yeast and sugar with the back of a spoon till the yeast liquefies, then add these to the milk and egg. Make a hollow in the center of the flour, add the liquid ingredients, and knead to a dough as for bread. Let the dough rise three hours, having it covered so as to prevent a crust forming. When very light turn on to a floured board, form into rolls, and let these rise once more till quite light, which will be in about three-quarters of an hour. Bake in a quick oven, about fifteen minutes, brushing them over with butter before they are quite done, as this gives them a softer crust and prettier color.

## COFFEE TEA ROLLS

1 tablespoon sugar  
1 scant teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons melted butter  
1 tablespoon molasses

Hot coffee  
 $\frac{1}{2}$  cup milk  
1 yeast cake  
About 4 cups Ceresota flour

Put the sugar, cinnamon, salt, butter and molasses into a cup, mix well and fill up the cup with boiling hot coffee. Turn into a bowl, add the milk (cold) and the yeast cake dissolved in a little lukewarm water. Mix to a soft dough with the flour, let rise four hours, divide into rolls, let these rise again until very light. Bake in a quick oven about fifteen minutes.



## GRAHAM NUT BREAD

2 cups graham flour  
1 cup Ceresota flour  
1 cup milk

1 cup broken walnuts or pecans  
1 scant cup molasses  
1 teaspoon soda

Mix dry ingredients together, then add the molasses and milk. Bake in shallow pan, so as to cut in slices about one and a half inches high.

## HOT GINGERBREAD

4 cups Ceresota flour  
1½ teaspoons grated ginger  
½ teaspoon grated nutmeg  
1 teaspoon cinnamon  
1 cup molasses

1 cup sugar  
1 cup lard and butter mixed  
1 cup boiling water  
1 teaspoon baking soda

Sift together flour, ginger, nutmeg and cinnamon. Warm the lard and butter, add the molasses and sugar and pour into the dry flour. Dissolve the soda in the boiling water and add this also. Mix as little as possible and bake in a large shallow pan in a moderate oven.

## DARK RICH GINGERBREAD

2 cups Ceresota flour  
½ cup butter  
1 cup molasses  
1 teaspoon soda (small)

1 teaspoon ginger  
1 egg  
2 tablespoons milk  
½ teaspoon salt

Heat the butter to boiling point, pour it over the molasses, add the egg, well beaten, then the milk, and lastly the flour, soda, salt and ginger sifted together. Stir very little—only enough to mix. Bake twenty minutes in shallow, well-greased pie plates and serve hot or cold.

## FLAKE FRITTERS

1 cup any flake breakfast food  
1 scant cup Ceresota flour  
1 teaspoon baking powder  
2 eggs

2 tablespoons melted butter  
1 tablespoon sugar  
½ teaspoon salt  
1 cup milk

Sift the flour, baking powder and salt; add them to the cereal with the sugar and mix to a batter with the eggs, milk and melted butter. Drop by spoonfuls into hot fat and cook golden brown. Serve hot with maple syrup.

## COFFEE CAKE

¾ cup butter  
1 cup sugar  
1 cup molasses  
1 cup strong coffee

1 egg  
2 cups seeded raisins  
4 cups Ceresota flour  
1 teaspoon soda

Beat the butter and sugar to a cream, add the molasses, then the lightly beaten egg and the coffee. Clean and slightly flour the raisins. Sift the flour and soda and add these to the first mixture. Beat well and bake in deep cake pans about one hour. These quantities make two good-sized cakes.

# SPECIALTIES

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## MACARONI MILANAISE

- ½ package macaroni
- 1 can tomatoes
- 1 bay leaf
- 1 blade of mace
- ½ cup grated cheese
- 1 slice of onion
- 1 stalk celery

- 3 cloves
- Pinch of soda
- 2 level tablespoons butter
- 2 level tablespoons cornstarch
- 1 cup bread crumbs mixed with
- 1 rounded tablespoon butter, melted

Break macaroni into lengths and drop into salted boiling water. Cook until tender, and drain. Season tomatoes with bay leaf, mace, onion, celery, cloves and soda, and cook twenty minutes. Melt butter and stir into the cornstarch; season with salt and paprika, and gradually add tomato pulp. Cook until thickened. When cool, add cheese. Lay the macaroni and the sauce layer for layer in buttered baking pan. Put crumbs over them, and bake in moderate oven until crumbs are browned. Serve hot.

## FRENCH PANCAKES

- 3 eggs
- 2 cups Ceresota flour
- 1 cup milk

- ½ tablespoon cane syrup
- Pinch salt

Beat all well together for five minutes. Fry quickly in large thin cakes. Spread with fruits or sweets, and roll. Sprinkle with powdered sugar and serve hot.

## CHICKEN CROQUETTES

- 1 pint finely chopped cold chicken
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup cream
- 4 eggs

- 2 tablespoons cornstarch
- 1 teaspoon onion juice
- 1 tablespoon lemon juice
- 1 pint bread crumbs
- 3 tablespoons butter

Cream the butter and cornstarch, add the cream, and cook over moderate fire until it thickens. Add meat and seasonings and boil for two minutes. Pour over two eggs, well beaten; when thoroughly mixed, cool. Shape into croquettes, dip in crumbs, then in egg, and in crumbs again, and fry in deep fat.





## SHORTCAKE

3 cups Ceresota flour  
1 tablespoon sugar  
3 teaspoons baking powder  
1 cup milk

$\frac{1}{2}$  teaspoon salt  
Fresh fruit  
 $\frac{1}{2}$  cup lard or butter  
Sugar

Sift together the flour, salt and baking powder, rub the butter or lard in lightly, the same as for biscuit. Add the tablespoon of sugar and mix to a light dough with the milk. Turn on to a floured board, divide into two portions, and roll or pat these out into rounds and about three-quarters of an inch thick. Lay one of the rounds on a baking pan, spread with butter or lard, and place the second round on top. Brush this over also with butter or lard and bake in a moderately hot oven about twenty-five minutes; break the two cakes lightly apart, butter them, and put fresh, sweetened fruit between and on top of the layers. Serve at once. It is wise to slightly crush the fruit which goes between the layers of cake, as this causes the juice to flow more freely.

## RAISED DOUGHNUTS

About 4 cups Ceresota flour  
 $1\frac{1}{2}$  cups lukewarm milk  
 $\frac{1}{2}$  cup butter and lard mixed  
1 yeast cake

$\frac{1}{2}$  teaspoon cinnamon or nutmeg  
1 teaspoon salt  
2 eggs  
1 cup sugar

Mix the yeast cake and one teaspoon of the sugar, creaming with the back of a spoon till liquid; add this with the salt to the lukewarm milk, together with enough flour to make a stiff batter. Let these rise till quite light—about two hours. Beat the butter and sugar to a cream, add the well-beaten eggs, also the nutmeg or cinnamon, pour these into the batter and sift in the remaining flour, kneading the whole to a firm dough. Let this rise till light, then roll out on a well-floured board about two-thirds of an inch thick. Cut into doughnuts and let these rise once more till quite light; cook golden brown in hot fat, drain on soft paper and roll in sugar.

## INDIVIDUAL RASPBERRY SHORTCAKES

- 2 cups Ceresota flour
- 1½ teaspoons baking powder
- ½ cup butter
- ¼ teaspoon salt

- About ¾ cup milk
- Crushed fruit
- Sugar

Sift together flour, salt and baking powder, rub in the butter lightly, and mix to a light dough with the milk. Cut into rounds like biscuits and bake in a quick oven. When done, split, spread lightly with butter and put some of the crushed berries, sweetened to taste, between and on top of the cakes. Serve plain or with whipped cream.

## PEACH CAKE

- 2 cups Ceresota flour
- ¼ cup butter
- 4 tablespoons sugar
- 1½ teaspoons cream of tartar
- 1 teaspoon ground cinnamon

- ½ teaspoon soda
- 1 cup milk
- ½ teaspoon salt
- 1 egg
- Fresh peaches

Sift the flour, salt, soda and cream of tartar, rub in the butter, and mix to a light dough with the egg and milk. Turn into a well-greased pie pan, spread evenly, and press into the uncooked dough the peaches, peeled and cut into even pieces. Sprinkle the sugar and cinnamon over the top and bake half an hour.

## SCOTCH SCONES

- 2 cups Ceresota flour
- 1 teaspoon baking powder
- 1 egg

- ½ teaspoon salt
- 1 tablespoon butter or lard
- ¾ cup milk

Sift the flour, salt and baking powder, rub the butter or lard in lightly, beat and add the egg, then the milk. Mix with a knife to a dough a little stiffer than for biscuit, divide into two portions and roll each into a round cake half an inch thick. Divide this crosswise into four triangular cakes, place on a greased baking tin and brush the tops lightly with a little egg reserved for the purpose from the one used in making the scones. Bake fifteen minutes in a moderate oven. If desired the scones may be rolled thinner and baked on a griddle over the fire.

## CREAM DOUGHNUTS

- 1 cup sour cream
- 1 cup sugar
- 2 eggs
- ½ teaspoon salt

- 1 teaspoon soda
- ½ grated nutmeg
- About 3 cups Ceresota flour

Beat the sugar and eggs together, add the cream, soda and salt, and lastly the flour and nutmeg sifted together. Roll out on a floured board, cut out and cook in hot fat.

## BALLOONS

- 1 cup Ceresota flour
- 1 cup boiling water
- 3 eggs

- ¼ cup butter
- ½ teaspoon salt

Add the butter to the boiling water, and when both are boiling vigorously add the salt and flour sifted together. Stir constantly and cook till the mixture leaves the sides of the

saucepan clean. Cool, and add the eggs one at a time, beating each in well before adding the next. Drop a spoonful at a time into smoking hot fat and cook gently till golden brown on all sides, turning the mixture over in the fat so that it may cook evenly. Drain on soft paper, sprinkle with sugar and serve with lemon sauce.

## HUCKLEBERRY CAKE

|                           |                     |
|---------------------------|---------------------|
| 2½ cups Ceresota flour    | ¼ teaspoon salt     |
| ¼ cup sugar               | 1½ cups milk        |
| 2 teaspoons baking powder | ¼ cup butter        |
| 1 egg                     | 1 cup huckleberries |

Sift the flour, salt and baking powder, rub in the butter and add the sugar and the berries. Beat the egg until light and use with the milk to moisten the dry ingredients. Pour into a greased shallow pan and bake in a moderate oven about half an hour.

## POUND CAKE WAFFLES

|                                     |                        |
|-------------------------------------|------------------------|
| 1½ cups Ceresota flour              | ⅓ cup butter           |
| 1 teaspoon lemon or vanilla extract | ¾ cup granulated sugar |
| 1 teaspoon baking powder            | ⅓ teaspoon salt        |
| 4 eggs                              |                        |

Beat the butter and sugar till light and creamy; add the well-beaten yolks of eggs, then the flour, salt and baking powder sifted together; add the flavoring and beat till smooth and light. Last of all fold in the whites of eggs, stiffly beaten. Bake the same as ordinary waffles.

## CRULLERS

|                             |                          |
|-----------------------------|--------------------------|
| About 3 cups Ceresota flour | 1 cup sugar              |
| 2 teaspoons baking powder   | 2 eggs                   |
| 2 tablespoons melted lard   | ¾ teaspoon grated nutmeg |
| 1 cup milk                  | 1 teaspoon salt          |

Put the sugar into a bowl, add the lard to it, next the well-beaten eggs and the milk, then the flour, salt, baking powder and nutmeg sifted together. The dough should be just stiff enough to handle. Roll half an inch thick, cut into crullers, and cook golden brown in hot fat. After the crullers are dropped into the fat they will sink to the bottom of the pan, then come to the top. As soon as they do this, they should be turned over, this being the only way to insure their being smooth and perfect in shape.

## APPLE FRITTERS

|                                   |                   |
|-----------------------------------|-------------------|
| 1 cup Ceresota flour              | ¼ teaspoon salt   |
| 1 teaspoon melted butter          | ½ cup milk        |
| 1 teaspoon baking powder          | 1 well-beaten egg |
| 2 apples, pared, cored and sliced |                   |

Sift the flour, salt and baking powder, add the egg and milk, and beat till perfectly smooth; melt and add the butter, also the prepared apples. Have ready deep, hot fat, and drop in the slices of apple well coated with batter, one at a time. Cook golden brown, drain, sprinkle with sugar, and serve at once with sauce.



## COCOA CRULLERS

2 eggs  
1 cup sugar  
1 tablespoon butter  
1 tablespoon cocoa

1 teaspoon cinnamon  
 $\frac{3}{4}$  cup milk  
3 cups Ceresota flour  
3 teaspoons baking powder

Beat the eggs and sugar until light, add the butter (melted) and the milk. Sift and add cocoa, cinnamon, flour and baking powder. Roll out about one-half an inch thick, cut out and cook in deep fat.

## BROWNIES

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup molasses  
1 egg

1 scant cup Ceresota flour  
1 cup pecan or other nuts  
 $\frac{1}{2}$  teaspoon baking powder

Cream the butter and sugar, add the molasses and egg, and lastly the flour and baking powder sifted together. Stir in the nuts, and bake the cakes in small fancy pans well greased.

## GINGER PUFFS

$\frac{1}{2}$  cup lard and butter mixed  
1 cup sugar  
1 egg  
1 cup molasses  
 $\frac{1}{4}$  cup cold water

1 teaspoon soda  
Pinch of salt  
2 teaspoons ground ginger  
4 cups Ceresota flour

Beat the butter and sugar to a cream, add the egg, then the molasses and water. Sift together the flour, salt, ginger and soda. Add to the other ingredients and mix well. Drop in spoonfuls a little distance apart on a greased baking tin and bake at once in a moderately hot oven.

## OATMEAL COOKIES

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup lard  
1 cup sugar  
2 eggs  
 $\frac{1}{8}$  cup milk

$\frac{1}{2}$  cup chopped raisins  
 $1\frac{1}{2}$  cups oatmeal (raw)  
2 cups Ceresota flour  
2 teaspoons baking powder

Cream together the lard, butter and sugar, add the beaten eggs, the raisins, milk and oatmeal. Sift flour and baking powder together and add these last. Drop by spoonfuls on greased baking sheets, allowing space between for the cookies to spread.

## ENGLISH CRISPS

1 cup sugar  
 $\frac{1}{2}$  cup butter

$1\frac{1}{2}$  cups molasses  
3 cups Ceresota flour

Melt the butter, add the other ingredients, mix well together and drop by small spoonfuls far apart on a greased flat baking tin. Bake in a rather slow oven, remove from the tin with a broad-bladed knife, and place over the edge of a bowl to curl and cool.

## MOLASSES COOKIES

$\frac{1}{2}$  cup butter  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{4}$  cup molasses

2 tablespoons milk  
2 cups Ceresota flour  
 $\frac{1}{2}$  teaspoon soda

Beat the butter and sugar until light, add the egg and the molasses, next the milk, and lastly the flour and soda sifted together. Roll thinly, cut into cookies, bake quickly.

## SUGAR CAKES

1 cup butter  
1 cup sugar  
2 eggs

3 cups Ceresota flour  
3 teaspoons baking powder  
3 teaspoons vanilla extract

Beat the butter and sugar until light, add the well-beaten eggs and the vanilla. Sift and add the flour and baking powder. Roll out thinly, sprinkle with sugar and press this in a little with the rolling pin. Cut into rounds or squares and bake on a flat greased tin.

## SEED COOKIES

3 cups Ceresota flour  
2 teaspoons caraway seeds  
1 cup sugar  
2 teaspoons baking powder

$\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup water  
2 eggs

Beat the butter and sugar till light and creamy; add the water and the eggs well beaten. Sift and add the flour and baking powder, and put in also the caraway seeds. Mix well, roll out thinly, cut into cookies and bake ten minutes in a moderate oven.

## GINGER COOKIES

$3\frac{1}{2}$  cups to 4 cups of Ceresota flour  
1 cup New Orleans molasses  
1 small teaspoon soda  
1 teaspoon ginger

2 cups brown sugar  
2 eggs  
1 cup butter  
 $\frac{1}{2}$  teaspoon cinnamon

Put the molasses, sugar and butter into a saucepan, bring them to the boiling point and pour them over the soda, which has been dissolved in a little water. Next add the spices, the beaten eggs and the flour. Let the mixture cool, then roll out thinly, cut into rounds and bake in a cool oven until golden brown.

## BANANA FRITTERS

1 cup Ceresota flour  
1 tablespoon lemon juice  
1 teaspoon baking powder  
2 tablespoons sugar  
 $\frac{1}{2}$  cup milk

4 bananas  
2 eggs  
1 teaspoon melted butter  
 $\frac{1}{4}$  teaspoon salt

Peel and cut the bananas into thirds, sprinkle them with the lemon juice and sugar and let them stand half an hour. Sift the flour, salt and baking powder, add the egg and milk, and beat until smooth; melt and add the butter. Dip the pieces of banana, one at a time, into the batter and cook slowly in deep, hot fat till golden brown. Drain well on soft paper, sprinkle with sugar, and serve at once with lemon sauce.

## JUMBLES

1 cup Ceresota flour  
1 egg  
Grated rind of  $\frac{1}{2}$  lemon

$\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt

Beat the butter and sugar to a cream, add the egg previously beaten, then the lemon rind; sift and add the flour and salt. Drop by teaspoonfuls on to a greased pan and bake about ten minutes.

## COCOANUT DROPS

2 cups Ceresota flour  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  cup grated cocoanut

$\frac{3}{4}$  cup sugar  
1 egg  
 $\frac{1}{2}$  cup butter  
 $\frac{2}{3}$  cup milk

Sift together the flour, salt and baking powder, rub in the butter, then add the sugar and cocoanut. Mix to a stiff dough with the milk and the egg well beaten, and drop by spoonfuls on a greased baking pan. Bake about fifteen minutes in a moderately hot oven.

## WALNUT DROPS

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup sugar  
2 eggs  
 $\frac{1}{8}$  cup milk

$\frac{1}{4}$  cup finely chopped nuts  
 $1\frac{1}{2}$  cups Ceresota flour  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt

Beat the butter and sugar until light, add the eggs well beaten, then the milk and nuts. Sift and add flour, baking powder and salt, and drop by teaspoonfuls on greased baking pans. Bake in a slow oven ten to fifteen minutes.

## CINNAMON CRISPS

$1\frac{1}{2}$  cups Ceresota flour  
1 teaspoon ground cinnamon  
1 teaspoon baking powder

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup milk

Beat the butter and sugar till light, then add the cinnamon, flour and baking powder sifted together. Mix to a dough with the milk, using only just enough to make a dough which can be rolled out easily. Roll very thin on a well-floured board, and cut into squares or rounds. Bake on greased tins about ten minutes in a moderate oven.

## NUT PUFFS

$1\frac{1}{2}$  cups Ceresota flour  
1 teaspoon baking powder  
 $\frac{1}{2}$  cup shelled nuts (pecans or English walnuts)

$\frac{1}{2}$  cup butter  
2 eggs  
 $\frac{1}{3}$  teaspoon salt  
 $\frac{3}{4}$  cup sugar

Beat the butter and eggs to a cream, add the eggs well beaten, then the nuts, and lastly the flour, salt and baking powder sifted together. Beat well, and bake in very small well-greased fancy pans. Use plain, or covered with boiled frosting.



## QUEEN CAKES

1½ cups Ceresota flour  
1½ teaspoons baking powder  
½ cup seeded raisins  
½ teaspoon salt

½ cup butter  
2 eggs  
½ cup milk  
1 cup sugar

Beat the butter and sugar till light and creamy, add the yolks of eggs and beat again; next put in the raisins, seeded, cut into small pieces (not chopped) and rolled in flour. Sift and add the flour, baking powder and salt, and last of all fold in the whites of the eggs beaten to a stiff froth. Have ready small well-greased cake pans, half fill with the cake batter and bake about twelve minutes in a hot oven.

## CRUMMETS

1 cup butter  
1½ cups sugar  
¾ cup milk  
2 beaten eggs

1 teaspoon baking powder  
3 cups Ceresota flour  
1 cup seeded raisins

Beat the butter and sugar to a cream, add the eggs, then the raisins and lastly the flour and baking powder sifted together. Roll thinly, cut into fancy shapes, and bake on a greased tin in a quick oven.

## VANITIES

2 cups Ceresota flour  
½ teaspoon salt

2 teaspoons baking powder  
¾ cup milk

Sift the flour, salt and baking powder; add just enough milk to form a dough, roll thinly, cut into squares or rounds and drop into hot frying fat. Cook brown on both sides; it will be necessary to turn them; drain and serve hot with maple syrup.

## CHOCOLATE NUT WAFERS

2 squares chocolate  
½ cup butter  
1 cup sugar

2 eggs  
¾ cup Ceresota flour

Melt the chocolate and the butter, add the sugar, then the eggs, whites and yolks beaten separately. Sift and add the flour, then spread very thinly over greased pans and sprinkle with coarsely chopped nuts. Bake rather slowly and cut into small squares before removing from the pans.

## COCOANUT FILLING

Beat the whites of three eggs to a stiff froth, add six tablespoons of confectioners' sugar and the same quantity either of grated fresh cocoanut or desiccated cocoanut. Spread between and on top of the layers.

## WHITE FROSTING

1 cup sugar  
½ cup boiling water

White of 1 egg  
½ teaspoon lemon juice

Boil the sugar and water together without stirring until the syrup will form a thread. Pour slowly over the beaten white of egg, add the lemon juice and beat until creamy.



PIE CRUST



LEMON PIE



SHORT CAKE



CUP CUSTARD



FRENCH  
PANCAKES



CHICKEN  
CROQUETTES



MACARONI  
MILANAISE



## FIG FILLING

$\frac{1}{2}$  pound figs  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup water  
1 teaspoon vanilla extract

Chop the figs finely, add the sugar and water and boil all together for five minutes. Cool, flavor and spread between the layers of cake.

## PRUNE ALMOND FILLING

$\frac{1}{2}$  cup cooked chopped prunes  
 $\frac{1}{2}$  cup blanched and chopped almonds  
 $\frac{1}{2}$  teaspoon cream of tartar

1 cup sugar  
White of 1 egg  
 $\frac{1}{2}$  cup hot water

Boil the water and sugar together till they form a thread when a little is lifted in a spoon; beat the white of the egg and add the cream of tartar to it; pour the hot syrup over these, beating all the time, add the prunes and almonds, and spread at once between and on top of the layers of cake, which must be cold before the filling is made.

## ORANGE FROSTING

Grated rind of  $\frac{1}{2}$  orange  
A little orange juice

1 cup pulverized sugar

Sift the sugar, add the orange rind to it, and moisten with the orange juice, using only enough to allow it to spread easily. Pour over the cake and spread evenly with a broad-bladed knife dipped in warm water.

## PEANUT WAFERS

$\frac{1}{2}$  cup lard and butter mixed  
1 cup sugar  
1 cup chopped or ground peanuts  
1 teaspoon baking powder

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup water  
About  $1\frac{1}{2}$  cups Ceresota flour

Beat the lard, butter and sugar together, add the nuts, then the water, and lastly flour, salt and baking powder sifted together, using just enough flour to make a dough that will roll thinly. Cut into squares or rounds and bake about ten minutes.

## HERMITS

$1\frac{1}{2}$  cups sugar  
1 cup butter  
3 eggs  
 $\frac{1}{2}$  teaspoon each nutmeg, cinnamon  
and ginger

$\frac{1}{2}$  teaspoon baking soda  
1 cup raisins  
 $\frac{1}{2}$  cup chopped citron  
 $\frac{1}{2}$  cup milk  
 $2\frac{1}{2}$  cups Ceresota flour

Beat the butter and sugar to a cream, add the raisins and citron, also the milk, sift the soda and spices with flour, add these and roll about one-third of an inch thick. Cut into rounds and bake on a greased pan in a quick oven. These will keep for months.

## SPANISH DROP CAKES

1 cup sugar  
1 cup sour cream  
1 teaspoon baking soda

1 teaspoon cinnamon extract  
About 2 cups Ceresota flour

Beat the sour cream and sugar, add the soda, then the cinnamon and lastly the sifted flour. Drop by spoonfuls on to greased baking sheets and sprinkle brown sugar and cinnamon (ground) over the top of each little cake. Bake in a quick oven about ten minutes.

## TRUE LOVERS' KNOTS

2½ cups Ceresota flour  
1 cup sugar  
¾ cup butter

1 egg  
About ¼ cup milk  
1 teaspoon baking powder

Sift the flour and baking powder together, rub the butter into the flour and baking powder with the hands; add the sugar and mix to a firm dough with the eggs and milk. Roll out and cut into strips, twist into the form of knots and bake in a moderate oven until golden brown.

## SNOW CAKE

1 cup butter  
2 cups sugar  
3 cups Ceresota flour

4 eggs  
1 teaspoon baking powder  
2 teaspoons cream tartar

Beat the butter and sugar to a cream, whisk the eggs thoroughly and add these; sift the flour, soda, and cream of tartar, and beat lightly into the other ingredients. Bake in layers and fill and frost with cocoanut filling.

## WALNUT CAKE

¾ cup butter  
1 cup sugar  
2 eggs  
1¾ cups Ceresota flour

1¾ teaspoons baking powder  
¾ cup milk  
¾ cup chopped walnuts

Beat the butter and sugar, add the eggs, nuts and milk, then the flour and baking powder sifted together. Beat very thoroughly and bake in a shallow loaf cake pan. When cool frost with white frosting.

## JELLY JUMBLES

¾ cup butter  
1 cup sugar  
1 egg  
¾ cup milk

1¾ cups Ceresota flour  
1 teaspoon baking powder  
½ teaspoon salt  
About half cup of jelly

Beat the butter and sugar to a cream, add the egg well beaten, then the flour, salt and baking powder sifted together; last of all add the milk, using only just enough to form a dough. Roll out thinly on a floured board and cut into rounds; spread half these with jelly and cover with the remaining rounds, having a small piece cut out of the upper ones (with a thimble, or the upper rounds may be stamped out with a cruller cutter). Press the edges slightly together and bake quickly on greased pans.

## FIG CAKE

$\frac{1}{2}$  cup butter  
1 cup sugar  
2 eggs  
 $\frac{1}{2}$  cup milk

$1\frac{1}{2}$  cups Ceresota flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt

Beat the butter and sugar to a cream, add the well-beaten eggs, then the milk; sift and add the flour, salt and baking powder and beat well. Bake in layers, and when cold put together with fig filling.

## LILY CAKE

$1\frac{1}{4}$  cups Ceresota flour  
2 teaspoons baking powder  
Whites of 3 eggs  
1 teaspoon vanilla extract

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup milk  
1 cup sugar

Beat the butter to a cream, adding the sugar gradually; add the milk, also the vanilla, then the flour and baking powder sifted together. Last of all fold in the whites of the eggs beaten to a stiff froth. Bake in layer cake pans and fill and frost with Prune Almond Filling.

## BANANA CAKE

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup butter  
1 egg  
 $\frac{1}{2}$  cup milk

$1\frac{1}{4}$  cups Ceresota flour  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon vanilla extract

Cream the butter and sugar together, add the beaten egg and milk, then the flour and baking powder sifted together, and lastly the vanilla extract. Beat well and bake in two small layer pans. For filling, crush one banana, add to it two tablespoons of sugar and the stiffly beaten white of one egg. Beat all together and spread between the layers of cake when the latter is cold.

## ORANGE CAKE

1 cup Ceresota flour  
1 teaspoon baking powder  
3 large eggs

1 cup sugar  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{2}$  teaspoon salt

Beat the eggs and sugar till quite thick, add the orange juice, then the flour, salt and baking powder sifted together. Fold these in as gently as possible and bake the cake in a shallow pan lined with greased paper, having the oven only moderately hot. Tear off the paper while the cake is still hot. When cold, frost with orange frosting.

## CHOCOLATE CARAMEL CAKE

1 cup sugar  
 $\frac{1}{2}$  cup butter  
2 eggs  
2 teaspoons baking powder

2 cups Ceresota flour  
1 cup milk  
2 squares melted chocolate

Cream the butter and sugar, add the eggs beaten until light, then the milk and chocolate, and lastly the flour and baking powder sifted together. Bake in layer pans and fill and frost with white filling.



## INEXPENSIVE FRUIT CAKE

$\frac{3}{4}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
2 eggs  
 $\frac{1}{2}$  cup milk

1 cup currants  
1 cup raisins  
 $2\frac{1}{2}$  cups Ceresota flour  
 $1\frac{1}{2}$  teaspoons baking powder

Beat the butter and sugar to a cream, add the eggs well beaten, then the milk and the fruit; sift and add flour and baking powder; mix very thoroughly and cook in a slow oven about one and one-half hours. When cold wrap in waxed paper and set aside to ripen. This cake is better if not used for some time after being made.

## POVERTY CAKE

$\frac{1}{2}$  cup butter  
 $\frac{3}{4}$  cup sugar  
 $\frac{3}{4}$  cup chopped raisins  
1 egg  
 $\frac{1}{2}$  cup milk

$\frac{1}{2}$  teaspoon soda  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  teaspoon each ground cinnamon,  
cloves and nutmeg  
2 cups Ceresota flour

Beat the butter and sugar until light, add the egg, raisins and molasses. Sift and add the flour, soda and spices. This should make a rather thin batter. Beat very thoroughly and bake in a slow oven.

## ECONOMICAL SPONGE CAKE

1 cup Ceresota flour  
 $\frac{1}{2}$  cup hot water  
Grated rind of  $\frac{1}{2}$  lemon  
1 teaspoon baking powder

2 eggs  
 $\frac{1}{8}$  teaspoon salt  
1 cup sugar

Separate the whites from the yolks of the eggs, and beat the yolks with half the sugar, add the water, the remaining sugar, the lemon rind and the flour sifted with the baking powder and salt. Last of all fold in the stiffly beaten whites of the eggs and bake in a greased tin in a moderate oven about twenty-five minutes.

## LAYER CAKE

2 cups Ceresota flour  
 $\frac{1}{2}$  cup butter  
2 teaspoons baking powder  
1 teaspoon flavoring extract

$\frac{1}{8}$  teaspoon salt  
2 eggs  
1 cup sugar  
 $\frac{3}{8}$  cup milk

Beat the butter and sugar to a cream, add the eggs well beaten, then the milk and flavoring—using any desired flavor—and lastly the flour, salt and baking powder sifted together. Beat well after all ingredients are added, and bake the cake in layer pans, in a moderate oven. Put together with any desired filling.

## LIGHTNING CAKE

$1\frac{1}{2}$  cups Ceresota flour  
1 teaspoon baking powder  
1 cup sugar

$\frac{1}{4}$  cup softened butter  
2 eggs  
Milk to fill cup

Sift the flour and baking powder together into a bowl, add the sugar and mix. Melt the butter in a half-pint measuring cup, break in the eggs without beating, and fill up the cup with

milk. Pour this into the dry mixture in the bowl. Beat vigorously for one minute, then turn into a greased cake pan and bake in a moderate oven; if in a shallow pan, twenty-five minutes; if in a deep pan, thirty-five minutes.

### FARMERS' FRUIT CAKE

|                     |                           |
|---------------------|---------------------------|
| 3 cups dried apples | 2 eggs                    |
| 2 cups molasses     | 4 cups Ceresota flour     |
| 1 cup butter        | 3 teaspoons baking powder |
| 1 cup sugar         | 2 teaspoons mixed spices  |
| 1½ cups milk        |                           |

Soak the apples over night, then chop them and cook slowly with the molasses until tender. Cream the butter and sugar, add the eggs, then the cooked apples and molasses, also the milk. Sift the flour, baking powder and spices, and beat well while adding to the other ingredients. Bake in a greased pan in a slow oven.

### DEVIL'S FOOD

|              |                             |
|--------------|-----------------------------|
| ½ cup butter | 2½ cups Ceresota flour      |
| 2 cups sugar | 3 teaspoons baking powder   |
| 4 eggs       | 2 squares chocolate, melted |
| 1 cup milk   |                             |

Beat the butter with half the sugar; add the yolks of the eggs beaten with the remainder of sugar until thick and lemon colored. Next add alternately the milk, and the flour and baking powder sifted together, then the melted chocolate, and lastly the whites of the eggs beaten to a stiff froth. Bake—preferably in a tube pan—about forty-five minutes.

### ONE-EGG CAKE

|              |                            |
|--------------|----------------------------|
| 1 cup sugar  | 1½ cups Ceresota flour     |
| ¼ cup butter | 1½ teaspoons baking powder |
| 1 egg        | 1 teaspoon vanilla extract |
| ½ cup milk   |                            |

Beat the butter and sugar until light and creamy, add the egg lightly beaten, then the milk and vanilla extract. Sift the flour and baking powder together, add these to the other ingredients and beat well. Bake in a greased cake pan about half an hour.

### WHITE FRUIT CAKE

|                       |                           |
|-----------------------|---------------------------|
| 1 cup butter          | 3 teaspoons baking powder |
| 2 cups powdered sugar | 2 cups chopped raisins    |
| 1 cup water           | Whites of 3 eggs          |
| 3 cups Ceresota flour |                           |

Beat the butter and sugar to a cream, add the water and then the raisins. Sift and beat in the flour and baking powder and fold in very gently the whites of the eggs beaten to a stiff froth. Bake in a greased loaf cake pan about forty minutes.

## RAISIN PUFFS

|                           |                             |
|---------------------------|-----------------------------|
| 2 cups Ceresota flour     | 1 cup milk                  |
| 3 teaspoons baking powder | 4 tablespoons melted butter |
| 4 tablespoons sugar       | 1 cup chopped raisins       |
| 2 eggs                    | $\frac{3}{4}$ teaspoon salt |

Sift the flour, baking powder and salt, add the sugar, then the eggs and milk. Beat until quite smooth and then add melted butter and raisins. Steam half an hour in greased cups.

## DATE PUFFS

|                                            |                             |
|--------------------------------------------|-----------------------------|
| $1\frac{1}{2}$ cups Ceresota flour         | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup stoned and chopped dates | 1 cup milk                  |
| $1\frac{1}{2}$ teaspoons baking powder     | $\frac{1}{4}$ cup butter    |
| 1 egg                                      | 2 tablespoons sugar         |

Sift together the flour, salt and baking powder, rub in the butter, add the sugar and the dates, and mix to a stiff batter with the beaten egg and milk. Bake in small greased pans in a hot oven. Serve hot with lemon sauce.

## APPLE PUFFS

|                             |                          |
|-----------------------------|--------------------------|
| 1 cup Ceresota flour        | 2 apples                 |
| 1 teaspoon baking powder    | $\frac{1}{2}$ cup milk   |
| $\frac{3}{8}$ teaspoon salt | $\frac{1}{2}$ cup butter |
| 1 egg                       |                          |

Sift the flour, baking powder and salt, add the sugar, also the apples, pared, cored and chopped. Beat the egg and add with the milk so as to form a rather stiff batter. Drop by spoonfuls into hot fat and cook until the puffs are brown and the apples tender. The fat must not be too hot or the puffs will become too dark colored before the apples are tender. Drain on soft paper and serve with a sweet sauce.

## CRANBERRY PUFFS

|                                        |                        |
|----------------------------------------|------------------------|
| $1\frac{1}{2}$ cups Ceresota flour     | 2 eggs                 |
| $1\frac{1}{2}$ teaspoons baking powder | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ teaspoon salt            | 1 cup cranberries      |
| $\frac{3}{4}$ cup sugar                |                        |

Beat the eggs till quite light, add the sugar and the milk. Sift the flour, salt and baking powder, add the cranberries, and moisten with the liquid mixture. Half fill well-greased molds with the batter and steam one hour. Serve with hard sauce or maple sauce.

## ORANGE PUFFS

|                                        |                          |
|----------------------------------------|--------------------------|
| $1\frac{1}{2}$ cups Ceresota flour     | $\frac{1}{2}$ cup butter |
| Grated rind of 1 orange                | 2 eggs                   |
| $1\frac{1}{2}$ teaspoons baking powder | 1 cup sugar              |
| $\frac{1}{2}$ cup milk                 |                          |

Beat the butter to a cream, add the sugar and yolks of eggs, sift and add the flour, salt and baking powder, grate and add the orange rind. Last of all whip the whites of eggs to a stiff froth and fold these in lightly. Bake in small greased tins and serve hot with orange sauce.

## PUFF PASTE

1 egg yolk  
Ice-cold water  
1 tablespoon lemon juice

1 pound Ceresota flour  
1 teaspoon salt  
 $\frac{1}{2}$  pound butter

Beat the egg and add to it the water and lemon juice; sift flour and salt, and mix all these ingredients to a firm dough. Roll out into an oblong sheet. Mash the butter and press into a flat cake half as large as the dough, lay it on one end and cover with the paste, like a fruit turnover. Press the edges well together, roll out and fold into three layers. Cool and roll again, repeating the process till the paste has been rolled seven times. Put on ice when necessary. Bake in a hot oven, and if possible make it the day before it is required for use. The butter may be divided into three portions and put in after each rolling if desired, but the seven rollings must be made after all the butter has been used.

## THREE-MINUTE PASTE

2 cups Ceresota flour  
 $\frac{1}{2}$  cup lard or butter or a mixture of the two  
1 teaspoon lemon juice

Yolk of egg  
 $\frac{1}{2}$  teaspoon salt  
Ice-cold water

Sift the flour and salt, beat the egg, add the lemon juice and a little ice-cold water. Place the butter or lard and butter in a slightly warmed bowl and beat them till creamy. Add the flour, mix it in lightly with a knife, and make to a light firm dough with the egg, lemon juice and water. Turn on to a well-floured board, roll out once and use. This is a very rich light paste, well adapted to small tartlets, patties and such things.

## PASTRY

In making pastry the best results are obtained by having all the ingredients as cold as possible, and keeping them so till the pastry goes into the oven. It is the sudden change in temperature, as much as the actual ingredients used, that makes pastry light. If soft butter and lukewarm water are used the result must be poor pastry—tough and not appetizing.

For plain paste, lard or a mixture of lard and butter should be used; for very plain crust, lard and good beef drippings; but for puff paste, butter must be used.

It is often desirable to have pastry that is light, flaky and tender without being too rich, and this result can be attained by the addition of a little baking powder and the reduction of the amount of fat used. Where a rule calls for one and one-half cups of flour and two-thirds cup of fat—lard or butter—the housekeeper may take one-half a cup of fat and a teaspoonful of baking powder to the cup and one-half of flour, and have equally good results as to appearance and flavor, at much less expense.

All paste is better if chilled before it is baked. If convenient it should be made the day before it is used.

In making fruit pies always put the sugar with the fruit—not on top—or the crust will be soggy.

A marble or slate pastry board and a glass or china rolling pin are always the best for pastry, because of their coldness; but if the ordinary utensils are cold, good results will be obtained.



## POTATO PASTRY

- |                                 |                                            |
|---------------------------------|--------------------------------------------|
| 2 cups Ceresota flour           | A very little milk                         |
| $\frac{1}{2}$ teaspoon salt     | $\frac{3}{4}$ cup lard or other shortening |
| 2 level teaspoons baking powder | 1 cup cold mashed potato                   |

Sift the flour, salt and baking powder and rub in the shortening with the tips of the fingers. Add the potato, having it free from all lumps, and mix to a dough that can be rolled out. The quantity of milk used for this will depend on the moistness of the potato, but very little will be required. Roll out and use for meat pies.

## SHORT PASTE

- |                                        |                                           |
|----------------------------------------|-------------------------------------------|
| 2 cups Ceresota flour                  | $\frac{1}{2}$ teaspoon salt               |
| $\frac{1}{2}$ teaspoon baking powder   | $\frac{1}{2}$ cup lard or lard and butter |
| About $\frac{3}{4}$ cup ice-cold water |                                           |

Sift the flour, salt and baking powder twice, rub in the shortening with the tips of the fingers until the whole is of the texture of fine bread crumbs. Mix to a firm dough with the water, using a knife for the mixing. Turn on to a floured board, roll out once only, and use for what ever purpose it is desired.

## FLAKY PASTE

- |                                           |                                        |
|-------------------------------------------|----------------------------------------|
| 2 cups Ceresota flour                     | $\frac{1}{2}$ teaspoon salt            |
| $\frac{3}{4}$ cup lard or lard and butter | About $\frac{3}{4}$ cup ice-cold water |

Sift the flour and salt twice, add the lard or lard and butter, which should be cold and firm, chop them into the flour with a knife, not rubbing with the fingers at all. When well mixed with the flour add enough water to make a dough, still mixing with the knife. Turn on to a floured board, roll thinly into a long strip, keeping the edges as straight and even as possible; fold the paste over evenly into three layers, press the edges together to keep the air in, turn half around on the board, and roll again. Repeat the folding and rolling twice, chilling the paste if necessary between rollings, that it may remain firm and that the shortening may not soften and work out.

The more times the paste is folded and rolled, the more flaky it will be. Flaky paste is most commonly used for savory dishes such as chicken pie or meat rolls, while short paste is better adapted to sweet dishes, tartlets, fruit pies, etc.

## LEMON PIE

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 cup cane syrup         | 3 eggs                          |
| 1 cup milk               | Rind and juice of 1 large lemon |
| 2 tablespoons cornstarch | Pinch of salt                   |

Cook the cane syrup, milk and cornstarch together in a double boiler for fifteen minutes. Beat the yolks of two eggs and one whole egg slightly and stir smooth with the first mixture. Add the lemon juice and rind of the lemon and the salt and cook one minute. Fill the unbaked crust while hot, and bake in quick oven. When cool make meringue of the whites of two eggs, and return to the oven to brown.

## CREAM PUFFS AND ÉCLAIRS

- |                                 |                                             |
|---------------------------------|---------------------------------------------|
| $\frac{1}{2}$ cup boiling water | 1 cup Ceresota flour, which should          |
| 2 eggs                          | include $1\frac{1}{4}$ tablespoons of corn- |
| 4 tablespoons of shortening oil | starch                                      |

Put the shortening oil in boiling water in saucepan, add the flour and cornstarch well mixed, all at once, and cook until it leaves the side of the pan. Remove from the fire, cool by beating, and when cold beat in, one at a time, the unbeaten eggs. Line a baking tin with oiled paper. Drop the batter in rounds on it and bake in a hot oven for thirty minutes. When cold, split and fill with whipped cream or the cream filling.

## CHARLOTTE RUSSE

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 pint cream                     | 1 teaspoon vanilla extract |
| $\frac{1}{4}$ cup powdered sugar |                            |

Mix ingredients, have very cold and whip to stiff froth, turning under cream when it first rises. Line dish with sponge cake or lady fingers, fill with whipped cream and serve cold.





## Dainty Desserts

### SNOWBALL PUDDING

- 3 eggs
- 1 cup granulated sugar
- $\frac{1}{2}$  cup milk

- 1 cup Ceresota flour
- 1 teaspoon baking powder

Beat the eggs separately until very light, add to the yolks the sugar, milk, flour and baking powder and beat again. Last of all fold in the whites of the eggs and steam in greased cups or molds about half an hour. Roll in powdered sugar and serve with sauce.

### DATE PUDDING

- $\frac{1}{2}$  pound stoned dates
- $\frac{1}{4}$  pound beef suet
- 1 cup Ceresota flour
- $\frac{1}{2}$  cup sugar
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon

- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 cup bread crumbs
- 2 eggs
- $\frac{3}{4}$  cup of milk

Chop the dates and suet finely or run them through a meat chopper. Add all the dry ingredients and moisten with the eggs and milk. Turn into greased molds and steam; if in one large mold, four hours; if in small molds, two hours.

### GINGER PUDDING

- 2 cups Ceresota flour
- $\frac{3}{4}$  cup molasses
- $1\frac{1}{2}$  teaspoons baking powder
- 1 teaspoon ground ginger

- $\frac{1}{2}$  teaspoon salt
- 1 egg
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  cup chopped suet

Sift the flour, salt and baking powder, add the ginger and the suet, and mix to a soft dough with the molasses, milk and the egg well beaten. Turn into a greased mold, cover closely and steam two hours. Serve with a plain sweet sauce.

## THANKSGIVING PUDDING

- |                             |                                  |
|-----------------------------|----------------------------------|
| 3 cups Ceresota flour       | 1 cup finely chopped suet        |
| $\frac{1}{2}$ teaspoon salt | 1 cup chopped and seeded raisins |
| 1 teaspoon cinnamon         | 1 cup milk                       |
| 1 teaspoon nutmeg           | 1 cup molasses                   |
| 2 teaspoons baking powder   |                                  |

Sift all the dry ingredients together, add the suet and raisins and mix to a batter with the milk and molasses. Turn into a well-greased pan or mold and steam three hours. This makes a very large pudding.

## STEAMED FRESH FRUIT PUDDING

- |                             |                                                 |
|-----------------------------|-------------------------------------------------|
| 2 cups Ceresota flour       | 1 cup milk                                      |
| 3 teaspoons baking powder   | 3 tablespoons melted butter                     |
| $\frac{1}{2}$ teaspoon salt | 1 cup fresh fruit, cherries, blackberries, etc. |
| 2 eggs                      |                                                 |
| 2 tablespoons sugar         |                                                 |

Sift together the flour, baking powder, salt and sugar and mix to a batter with the eggs and milk; pour in the melted butter and fill small greased cups one-third full of the batter; drop in a little fresh fruit and cover with more batter. Steam about half an hour.

## PLAIN FRUIT PUDDING

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 2 cups Ceresota flour               | $\frac{1}{2}$ teaspoon salt      |
| $\frac{1}{2}$ cup chopped beef suet | $\frac{1}{2}$ cup currants       |
| 2 teaspoons baking powder           | 1 egg                            |
| 1 teaspoon mixed spice              | $\frac{1}{2}$ cup seeded raisins |
| $\frac{1}{2}$ cup candied peel      | $\frac{3}{4}$ cup milk           |

Sift the flour, salt, baking powder and spices, add the suet and fruit, and mix to a soft dough with the egg and milk. Turn into a well-greased pudding mold, cover closely and steam three hours. Turn out and serve with hard or lemon sauce.

## GOLDEN PUDDING

- |                                  |                             |
|----------------------------------|-----------------------------|
| $\frac{3}{4}$ cup Ceresota flour | $\frac{1}{2}$ cup butter    |
| 1 teaspoon baking powder         | $\frac{1}{4}$ teaspoon salt |
| 2 eggs                           | $\frac{3}{8}$ cup sugar     |
| Grated rind of 1 lemon           |                             |

Beat the butter and sugar together till light, add the eggs well beaten, also the grated lemon rind, then the flour, salt and baking powder sifted together. Beat well, turn into well-greased cups and cover with greased paper. Steam three-quarters of an hour. Serve hot with a sauce. Do not fill the cups more than two-thirds full of the mixture, as it will rise during the cooking.

## ENGLISH PUDDING

- |                                    |                                 |
|------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter           | 1 teaspoon soda                 |
| 1 cup molasses                     | $\frac{1}{2}$ teaspoon cloves   |
| $\frac{1}{2}$ cup seeded raisins   | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{3}{4}$ cup milk             | $\frac{1}{2}$ teaspoon mace     |
| $3\frac{1}{2}$ cups Ceresota flour |                                 |

Beat the butter to a cream, add the molasses, raisins and milk. Sift together the flour, soda and spices. Add these to the first mixture. Turn into a greased mold, cover closely and steam three hours. Serve with hard sauce or foamy sauce.





MAPLE  
MOUSSE



NEAPOLITAN ICE CREAM



CAFÉ FRAPPE





## STEAMED CHOCOLATE PUDDING

- |                             |                         |
|-----------------------------|-------------------------|
| 1 cup Ceresota flour        | 2 eggs                  |
| 1 teaspoon baking powder    | $\frac{1}{2}$ cup water |
| 1 square grated chocolate   | 1 cup sugar             |
| $\frac{1}{2}$ teaspoon salt |                         |

Beat the eggs and sugar till quite light, add the water, then the chocolate melted over hot water. Sift and add the flour, salt and baking powder. Half fill small greased molds or cups and steam three-quarters of an hour. Serve with sauce or boiled custard.

## PEACH COBLER

- |                                         |                            |
|-----------------------------------------|----------------------------|
| 1 $\frac{1}{2}$ cups Ceresota flour     | 1 quart peaches            |
| 1 $\frac{1}{2}$ teaspoons baking powder | 1 cup water                |
| 2 eggs                                  | 1 $\frac{1}{2}$ cups sugar |
| $\frac{1}{4}$ teaspoon salt             | $\frac{1}{2}$ cup milk     |

Cook the peaches, water and one cup of sugar till the peaches are tender; reserve one-half cup of the syrup, and place the fruit and remaining syrup in a deep baking dish. Sift the flour, salt and baking powder, add the remaining half cup of sugar, beat and add the eggs with the milk and the half cup of syrup. Mix to a smooth batter, pour over the peaches in the dish and bake in a moderate oven half an hour. Serve hot, with or without sauce.

## PLUM PUDDING

- |                                         |                                   |
|-----------------------------------------|-----------------------------------|
| 1 cup Ceresota flour                    | $\frac{1}{2}$ cup chopped citron  |
| 1 $\frac{1}{2}$ cups stale bread crumbs | $\frac{1}{4}$ cup chopped almonds |
| 1 cup brown sugar                       | Grated rind and juice of 1 lemon  |
| 1 cup finely chopped suet               | 1 teaspoon baking powder          |
| 1 cup currants                          | 1 teaspoon allspice               |
| 1 cup seeded raisins                    | $\frac{1}{2}$ grated nutmeg       |
| 4 eggs                                  | $\frac{1}{2}$ teaspoon salt       |
| 1 cup milk                              |                                   |

Thoroughly mix all the dry ingredients, moisten with the eggs and milk. Turn into greased molds, cover with greased paper and steam six hours. Turn out and serve with hard sauce.

## LIVERPOOL PUDDING

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 2 eggs                          | 2 cups Ceresota flour              |
| 1 cup milk                      | 2 rounding teaspoons baking powder |
| $\frac{1}{2}$ cup melted butter | 1 cup currants                     |

Sift the flour and baking powder, add the well-beaten eggs, the currants, milk and butter in the order given. Beat thoroughly and steam in a greased mold one and one-half hours. Serve with hard sauce.

## JAM PUDDING

- |                           |                         |
|---------------------------|-------------------------|
| 1 cup Ceresota flour      | 1 cup jam               |
| 1 cup suet                | $\frac{1}{2}$ cup sugar |
| 1 cup bread crumbs        | 1 cup milk              |
| 2 teaspoons baking powder | 1 egg                   |

Sift the flour and baking powder; add the suet, sugar and bread crumbs, and moisten with the jam, egg and milk. Turn into a greased mold and steam four hours. Serve hot with a sauce.

## CABLE PUDDING

- 1 cup sugar
- 3 tablespoons melted butter
- 2 eggs
- 1 cup milk

- 1  $\frac{3}{4}$  cups Ceresota flour
- 2 teaspoons baking powder
- Apple sauce
- 2 tablespoons powdered sugar

Sift the flour and baking powder, add the sugar, yolks of eggs and milk, also the melted butter. Bake in two-layer pans and when done put apple sauce between the layers. Beat the whites of the eggs to a stiff froth, add the powdered sugar, spread over the top layer and return to the oven to slightly brown.

## BAKED BATTER PUDDING

- 4 eggs
- 2 cups milk
- $\frac{1}{4}$  teaspoon salt

- 1 teaspoon baking powder
- 2 cups Ceresota flour

Beat the eggs separately, and to the yolks add the milk, also the flour, salt and baking powder sifted together. Add the stiffly beaten whites of the eggs at the last moment. Pour into a greased dish and bake forty minutes. Serve the moment it is done, in the dish in which it was baked.

## SUET DUMPLINGS

- 2 cups Ceresota flour
- 3 teaspoons baking powder
- 1 cup beef suet

- Cold water to make a soft dough  
(about  $\frac{3}{4}$  cup)
- $\frac{1}{4}$  teaspoon salt

Sift the flour, salt and baking powder, and add the suet finely chopped. Mix to a dough with the water, form into dumplings, and cook in boiling water one hour, never letting the water stop boiling. Serve with hard sauce or maple syrup.

## APPLE DUMPLINGS

- 1 cup Ceresota flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 3 tablespoons shortening

- $\frac{1}{2}$  cup milk
- 4 apples
- 4 tablespoons sugar
- 2 teaspoons butter

Sift together flour, baking powder and salt; add shortening: rub in lightly and add just enough milk to make a dough. Place on floured board and roll out one-eighth inch thick; divide into four parts; lay on each part an apple which has been washed, pared and cored; put one teaspoon sugar with one-quarter teaspoon butter in each apple; wet edges of dough with cold water and fold around apple, pressing tightly together. Place in pan, sprinkle with remainder of sugar and put one-quarter teaspoon butter on each dumpling; pour on remainder of milk. Bake twenty minutes in hot oven; remove cover and bake fifteen minutes longer in moderate oven. Serve with hard sauce.

Peach dumplings may be made in the same way.

## JELLY SHERBET

- $\frac{3}{4}$  pint sugar
- $\frac{1}{4}$  pint cane syrup
- Whites of 2 eggs

- 4 lemons
- 1 glass acid jelly

Make lemonade of two pints of water, juice of four lemons, sugar, syrup and one glass of acid jelly. Put into freezer, and when well chilled, but not frozen, beat in whites of two eggs and freeze. This quantity will freeze to one gallon.



## MAPLE MOUSSE

- |                               |                              |
|-------------------------------|------------------------------|
| 3 eggs                        | $\frac{1}{4}$ cup cane syrup |
| $\frac{3}{4}$ cup maple syrup | 2 cups cream                 |

Heat syrup and pour over beaten yolks of eggs, stirring briskly. Whip the cream and the whites of the eggs, and fold into the first mixture. Pack in ice and salt and stand several hours without stirring.

## CAFÉ FRAPPÉ

- |                              |                         |
|------------------------------|-------------------------|
| $\frac{1}{4}$ cup cane syrup | 1 quart cream           |
| 1 quart strong coffee        | 1 tablespoon cornstarch |

Cook the cornstarch in the coffee until thickened. Add the cane syrup, and when cold add the cream. A little grape juice may be stirred in before freezing. Serve in sherbet or champagne glasses.

## HOW TO FREEZE

Scald can, cover and dasher, adjust can in freezer; put in dasher; pour in the mixture to be frozen and fasten cover (the can should never be more than three-quarters full). Adjust crank and turn once or twice. Fill space around can to within an inch of top with ice and salt (three parts crushed ice to one part salt), packing hard. Turn slowly at first, increasing speed when mixture begins to stiffen. As the ice begins to melt add more as required. When mixture is very firm, wipe off cover, open can and remove dasher; scrape frozen mixture from dasher and sides of can, and pack down solidly; cover with paper and replace can cover. Put cork in dasher rod opening in cover. Pour off salt water if there is danger of its getting into the can. Fill over top of can with ice and salt (four parts ice to one part salt). Cover freezer with heavy blanket and keep in cool place until ready to serve.

## PLAIN ICE CREAM

- |               |                              |
|---------------|------------------------------|
| 1 quart cream | 1 tablespoon vanilla extract |
| 1 cup sugar   |                              |

Scald half pint of cream; add sugar and stir until dissolved. Cool and add remainder of cream and vanilla. Freeze as usual.

## STRAWBERRY ICE CREAM

Add to plain ice cream before freezing one quart of berries which have been washed, hulled, crushed and slightly sweetened.

## CHOCOLATE ICE CREAM

Melt two squares of unsweetened chocolate, with half pint of cream, and proceed as for plain ice cream.

## CUP CUSTARD

- |                     |                                   |
|---------------------|-----------------------------------|
| 2 eggs              | $\frac{1}{4}$ teaspoon cornstarch |
| 3 cups milk         | Pinch of salt                     |
| 2 tablespoons sugar |                                   |

Mix the cornstarch with the sugar and add to the slightly beaten eggs. Pour on the milk slowly, add the salt. Flavor to taste and set in cups of water in the oven to cook until thick.



## *Candies* *Salads*

### GLACÉ NUTS AND FRUITS

1 cup sugar  
1 cup cane syrup

$\frac{1}{2}$  cup water

Boil until the syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying out on buttered plate. They harden immediately.

### DIVINITY

$\frac{3}{4}$  cup cane syrup  
2 cups sugar  
 $\frac{1}{2}$  cup hot water  
Whites of 2 eggs

2 ounces chopped nuts  
2 ounces chopped raisins  
1 teaspoon vanilla

Boil sugar, cane syrup and water together until it forms a hard mass in cold water. Beat whites of eggs very stiff, and beat in the nuts and raisins. Pour on the hot syrup, beating all the time. When mixture will stand alone, drop from teaspoon on to buttered plates.

### FUDGE

2 squares (or ounces) chocolate  
 $\frac{1}{2}$  cup cold milk  
2 cups granulated sugar

$\frac{3}{4}$  cup cane syrup  
2 tablespoons butter  
1 teaspoon vanilla

Grate chocolate, and add all the ingredients except the vanilla. Cook slowly, stirring once in a while. Cook until it makes a soft ball in cold water (requires about five minutes after actual boiling begins). Remove from fire, add the vanilla and beat until it begins to granulate. Pour at once into a buttered pan. Mark deeply in cakes when nearly cold.

## CHOCOLATE SEA FOAM

1 cup brown sugar  
1 cup white sugar  
1½ cups water

Pinch of cream of tartar  
Whites of 2 eggs

Cook until it threads. Beat the whites of two eggs very stiff, and add mixture to the eggs, stirring so that the eggs will not be cooked. Use half cake (one-half pound) of unsweetened chocolate, melting it until it becomes soft; then add to the candy. Beat all the ingredients together, and when ready drop from spoon.

## TAFFY

2 cups sugar  
2 pound can cane syrup  
¾ cup vinegar

1 tablespoon butter  
Pinch of soda  
2 teaspoons vanilla

Boil sugar and cane syrup until it gets a little thick, then add vinegar. When nearly done add butter and soda. Remove from fire and add vanilla. When done it will crisp in cold water.

## BITTERSWEETS

A variety of candies may be made by dipping sweet fruits in unsweetened chocolate. Use for this purpose dates, citron, candied orange peel, or home-preserved fruits. Drain, sprinkle with sugar, and dry in a slow oven. Melt unsweetened chocolate in a double boiler. Keep the chocolate just warm enough to prevent solidifying. With a silver fork drop pieces of fruit into the chocolate. See that each piece is completely coated, then remove to wax paper to harden.

## MAYONNAISE DRESSING

2 tablespoons sugar  
1 teaspoon Ceresota flour (heaping)  
½ teaspoon mustard  
Salt and pepper to taste

½ cup vinegar  
½ cup water  
3 eggs beaten  
Butter size of walnut

Mix all dry ingredients together so that there will be no lumps. Pour the vinegar into the beaten eggs very slowly. Add the water. Pour the wet ingredients over the dry. Cook in double boiler until it thickens, but do not let boil. It is improved very much if whipped cream is added.

## FRUIT SALAD

Sliced pineapple  
Peach halves  
Mayonnaise dressing

French fruit dressing  
Strawberries or pitted cherries  
Heart leaves of lettuce

Allow a slice of pineapple for each person. If fresh pineapple is used, it should be thickly dusted with sugar, sprinkled with lemon juice and allowed to stand two hours in a cold place before using. A peach half should also be used for each person, and, if fresh, should be treated in a similar way. Ten minutes before serving time, pour over a little French dressing made with lemon juice, drain, set a peach half on each slice of pineapple, put a spoonful of mayonnaise in the cup of each peach, and top with a strawberry or cherry. Garnish with lettuce leaves.



## FRENCH DRESSING

- 1 saltspoon salt
- $\frac{1}{4}$  saltspoon pepper

- 2 tablespoons oil
- 1 tablespoon vinegar

Put the oil, salt and pepper into a bowl, stir until salt is dissolved, add vinegar drop by drop, stirring constantly. It should be creamy and of a grayish color; if it separates, stir hard. Suitable for vegetable, egg or fish salads. Onions may be added, and lemon juice used instead of vinegar.

## STUFFED TOMATO SALAD

Peel tomatoes, chill, remove seeds and pulp, put one teaspoonful French dressing in each, and stand in ice-box until ready to serve; then fill with equal parts of finely chopped celery and nuts. Serve on lettuce with mayonnaise.

## EGG COMBINATION SALAD

Arrange individual nests of crisp endive or lettuce on cold plates. Cut hard-boiled eggs in quarters lengthwise, and arrange them in nests radiating from center. Set a rose of mayonnaise in center and place a freshly cooked shrimp on top. Strew over all finely shredded green pepper. Just before serving, marinate leaves with French dressing, to which add one tablespoonful finely chopped onion.

## POTATO SALAD

- 4 cupfuls sliced boiled potatoes
- 1 small onion, chopped
- $\frac{1}{2}$  cupful weak vinegar
- 1 teaspoonful salt
- 1 tablespoonful minced parsley

- $\frac{1}{8}$  teaspoonful pepper
- 3 tablespoonfuls olive oil
- 2 slices of bacon, diced
- 4 stalks celery
- Chopped lettuce

Put onion in a large bowl, add salt and vinegar and let stand ten minutes; then slice in the potatoes while still warm and mix thoroughly. Add oil, celery cut fine, the bacon fried to a crisp, and the bacon fat; then the parsley. Arrange on a bed of lettuce and garnish with beets and hard-cooked eggs that have been chopped.

## CHICKEN SALAD

Cut the breast of cold, boiled fowl in half-inch cubes (there should be one and one-half cups). Add an equal quantity of crisp celery hearts cut in thin slices crosswise, and one cup of hickory nuts broken in pieces. Moisten with mayonnaise and arrange in a mound on a shallow serving dish; surround with small lettuce heart leaves, and press the yolks of hard-cooked eggs through ricer over top. Strew with capers and place a "plume" of curled celery in center.

## CABBAGE SALAD

Mix shaved cabbage with mayonnaise dressing. Arrange on crisp lettuce leaves, and garnish with strips of pimientoes and cream cheese balls rolled on chopped parsley.



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